

Abstract**Racket for Ball Games**

5 The present invention relates to a racket, in particular a tennis racket or squash racket having a particularly suitable dampening behavior. For this purpose, the ball game racket of the present invention comprises a racket head, a heart region and a handle portion which together form a frame, wherein in the region of the handle portion and/or in the region of the transition between handle portion and heart region a dampening means
10 consisting of a front and/or a rear dampening element is arranged.